

# WELL AWARE

May 2014

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### Contact DelaWELL

[www.delawell.delaware.gov](http://www.delawell.delaware.gov)

1-800-556-6106

EMAIL: [Employee.wellness@state.de.us](mailto:Employee.wellness@state.de.us)

### Alere®

<https://delawell.alerehealth.com>

1-866-674-9103 (**Nurse24**)

### Contact Statewide Benefits Office

[www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)

1-800-489-8933 OR (302) 739-8331

## 2014 Benefits Open Enrollment

**May 12 – May 28, 2014**

**Open Enrollment is your once-a-year opportunity to enroll or make changes to your benefits.**

Your benefit plan options for health (including prescription), dental and vision will remain the same as of July 1, 2014.

Watch for your 2014 Benefits Open Enrollment packet coming in the mail the week of April 28th.

Detailed information including a video highlighting the health plan options and the 2014 Open Enrollment booklet is available on the Statewide Benefits Office website beginning the week of May 5, 2014 at [www.ben.omb.delaware.gov/oe](http://www.ben.omb.delaware.gov/oe).

If you have any questions about the 2014 Open Enrollment process or your benefits, please attend a benefits health fair. Health fairs provide another way to learn more about your health care options as the benefit vendors and the Statewide Benefits Office will be onsite to offer assistance. Health fair dates and locations are available online at [www.ben.omb.delaware.gov/oe](http://www.ben.omb.delaware.gov/oe).

If you have questions about Open Enrollment or your benefits, please contact the Statewide Benefits Office:

**Toll-free at 1-800-489-8933**

**8:00 a.m. to 4:30 p.m. Monday through Friday**

**Website: [www.ben.omb.delaware.gov](http://www.ben.omb.delaware.gov)**



### What's Going On:

- **Complete The 2014 DelaWELL Online Satisfaction Survey From May 1 - 31, 2014**

**Here's How:**

1. Simply log onto the DelaWELL Health Portal by visiting <https://delawell.alerehealth.com>.
2. Once logged in, click on the "Give Us Your Feedback" link located on the left menu on the DelaWELL Bulletin Board, then click on the 2014 DelaWELL Online Satisfaction Survey.
3. Answer the survey questions and submit them **by May 31, 2014**. Your input is important as we continually strive to provide programs and resources that fit the needs of our members.

- **2013-2014 DelaWELL Reward Payout Date Is July 11, 2014: Have You Completed The Necessary Requirements?**

All activity requirements must be met no later than **May 31, 2014** in order to earn a DelaWELL Reward. Visit the DelaWELL Health Portal at <https://delawell.alerehealth.com>. After you log in, click on the "Track Wellness Credits" link (Located on the left menu under "DelaWELL Program Info") to review your completed activities and incentive eligibility. **For questions about wellness activities and incentive eligibility, please call the Alere Helpline at 1-866-674-9103 to speak with a representative.**

- **DelaWELL Poster Design Contest Winner Is Announced**

Visit the Governor's "Healthy State Workplace" Page at <http://www.delawell.delaware.gov/healthy-workplace.shtml> and read the latest message from Governor Markell.

### Upcoming Events:

- **2014-2015 DelaWELL Program Year – July 1, 2014 - May 31, 2014**

Learn about the new additions to the DelaWELL program, including Quit for Life®, the Health Screening Provider Form and Alere Lifestyle Coaching and Virtual Coaching. Visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and select the "DelaWELL Program Overview" link located on the left menu.

- **2014 Governor's Cup 5K Run/Walk, 1 Mile Fun Walk and Health Fair – Wednesday, September 24, 2014**

The event will take place at Woodburn (The Governor's Residence) in Dover, DE. Stay tuned for more information. Registration will open at the end of July.



## MOTIVATION STATION: EMPLOYEE SPOTLIGHT

### Sussanne Jara

Purchasing Service Coordinator  
Delaware State Police (DSP)



*"... My doctor was very pleased during my last visit with him, because my numbers were down to the point that I am no longer pre-diabetic and my cholesterol level had dropped also. My pre-diabetes class helped, but I think the encouragement and response that I received from my DelaWELL health coach was a bigger help."*

To read Sussanne's complete story and other participant health testimonies, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "Motivation Station" link. Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at [Employee.Wellness@state.de.us](mailto:Employee.Wellness@state.de.us) for possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

## HMS EAP + Work/Life Program: Featured Locators

Whether you are searching for child care, summer camps or volunteer opportunities, HMS can help put your mind at ease by making it simple for you to find the things you need! Visit the HMS EAP+ Work/Life Program website at <http://hms.healthadvocate.com>. After you enter "State of Delaware" as the name of your organization and click "Submit," then navigate to the side menu and select the links under "Featured Locators."

Here you will find:

- **Child Care Search** - From an in-home nanny for your infant, to daycare for your toddler or a sitter for your pre-teen, finding reliable, trustworthy child care can be difficult. Use the child care locators to discover what qualified services are available near you.
- **Camp Locators** – Search for summer camps near you.
- **Education Search** - Getting your child the best education available is a concern for many parents. The education locators can help you navigate through public and private school choices for your little one on through college and university choices for your teenager.
- **Volunteer Opportunities** – Choose the type of volunteering you would like and locate opportunities near you.
- **Pets Search** – Access resource websites on pet finders and pet sitters.
- **Adoption Search** - Adoption is a life-changing decision that many individuals and couples make for a wide variety of reasons. If it is something you are considering, the adoption services locators here will help you find the assistance you need as you navigate this incredibly important life change.
- **Older Adult Care Search** - More and more people have to make choices about adult care for the aging loved ones in their lives. Making the correct choices about what type of care to provide can be frustrating and confusing. Use the adult care locators to discover what is available in your area.

**Easy to reach and available 24/7 to assist you!**

**Call HMS at 1-800-343-2186**

## Blood Bank Of Delmarva's Members For Life Program

**All State of Delaware Employees can now join the Blood Bank of Delmarva's Members For Life Program.**

The Members for Life program is designed to appeal to all types of donors by providing State of Delaware employees and pensioners with new and valuable benefits. Benefits include earning points for each blood donation and access to an online Members for Life Rewards Store (coming soon), along with health and wellness checks. Members who give more frequently can qualify for advanced wellness benefits. What remains unchanged is the ongoing need for blood donors. This new program allows the Blood Bank to focus on their primary mission: providing enough blood for the community and the patients who need it.

Blood Bank of Delmarva still needs your support! While there are no longer membership dues, all State of Delaware employees and pensioners can continue to provide assistance by enrollment in the *Members for Life* program. Enrollment will provide the Blood Bank with important contact information necessary to encourage blood commitments and tax-deductible financial contributions under the *Friends for Life* program. Existing Blood Bank of Delmarva Members who give blood DO NOT need to take action to continue membership in the Blood Bank. Current Blood Bank Members who are blood donors will automatically convert to the new *Members for Life* program.

State of Delaware employees who were not previously eligible for enrollment but would like to participate, should contact their HR/Benefits Office. Participation in *Members for Life* and access to health and wellness benefits are contingent upon blood donations. Blood Bank Members that give blood will remain part of the *Members for Life* program. For more information view the "Frequently Asked Questions Regarding Blood Bank Membership Plan Changes" or to schedule an appointment, visit [www.DelmarvaBlood.org](http://www.DelmarvaBlood.org) or please call toll-free at (888) 825-6638 or in New Castle County, (302) 737-8400.

## Add Protective Eyewear To Your Game Face



**Whatever sport you play, guarding your eyes is always a winning strategy.**

Whether it's helping you see when to hit an oncoming pitch, your eyes are key players in all of your sports activities. But the eyes can also get injured if left unprotected. Nearly all sports pose some type of risk for eye injury. By making the right moves in protecting your eyes, you can significantly lessen your risk of eye injury, and even give yourself a competitive edge by increasing performance. Here are a few tips that can help you keep your eyes protected and well equipped for whatever sports you play:

- **Baseball**—Protect yourself from a wild pitch, thrown bat or pop-fly ball with a face guard made of sturdy plastic and wearing eye guards.
- **Basketball**—Wear eye guards to safeguard yourself from flying elbows, fingers and basketballs.
- **Soccer**—Wearing eye guards helps shield your eyes from wayward elbows, balls or feet.
- **Football**—As a full-contact sport, football dictates that you should wear eye guards and a full face guard to prevent injury.
- **Hockey**—Use a full mask to defend your eyes and face from flying sticks, pucks and players.
- **Tennis or Racquetball**—Eye guards should be worn to guard your eyes from a misjudged ball or flying racquet.
- **Skiing**—Sports lenses are often made of polycarbonate materials, which are the best way to safely shield your eyes from wind, snow, sun and glare.
- **Swimming**—Wear eye guards to help keep lake, ocean and chemically treated pool water from getting in your eyes. In addition, remember to take out your contact lenses before swimming.
- **Hiking or Camping**—Beware of insect bites and poison ivy, oak and sumac. Keep your hands, as well as repellent, away from your eyes. If you do suffer an eye injury, seek immediate medical attention from an eye care professional, especially if you have pain, blurred vision or loss of vision.

Wearing the proper eyewear can greatly reduce your chance of an eye injury. That means you can stay in the game and keep enjoying the sports and activities you love, worry-free.

**To learn more about your vision benefits,** please visit [www.eyemedvisioncare.com](http://www.eyemedvisioncare.com)  
And click the **Members** tab.





## Did You Know?

**Beginning July 1, 2014, the State Group Health Insurance Program (GHIP) will no longer administer the Dependent Coverage to Age 26 Policy.**

Under the Patient Protection and Affordable Care Act, “grandfathered health plans” can no longer exclude full coverage for adult children to age 26 if the child has access to health coverage through his or her own employer. Effective July 1, 2014, the Administration of Adult Dependent Coverage to Age 26 Policy adopted by the State Employee Benefits Committee (SEBC) in 2011 is no longer in effect. State employees, pensioners, and employees of those groups designated through Delaware Code to participate in the State Group Health Insurance Program (GHIP) may cover their dependent children to age 26 as primary in their State health care plan, dental plan and/or vision plan regardless if the adult dependent child is offered employer health coverage. Dependent children may be covered with no restriction on marital, employment, student, resident or tax status. Pursuant to the Group Health Insurance Program Eligibility and Enrollment Rules, an employee or pensioner’s children are defined as sons, daughters, stepchildren and adopted children.

**Please Note: Employees/pensioners with an Adult Dependent Child who has access to health coverage through his or her own employer :**

- If a dependent child is also a benefit eligible employee of the State of Delaware or of a group designated through Delaware code to participate in the GHIP, the dependent child must enroll in his/her own State health care plan **OR** can be covered by the parent who is a benefit eligible employee/pensioner but cannot be enrolled in both as duplicate coverage is not permitted per the Group Health Plan Eligibility and Enrollment Rules.
- If a dependent child has coverage through his/her employer other than the State of Delaware or a group who participates in the State GHIP, the employee/pensioner may also cover the dependent child.
  - A Dependent Coordination of Benefits form must be submitted to the health plan carrier to determine which coverage will process first.

Additional information and the appropriate Aetna and Highmark Delaware forms can be found by visiting the appropriate link below (select the carrier administering your health plan benefits):

▪ **Aetna Members:**

<http://ben.omb.delaware.gov/medical/aetna>

▪ **Highmark Delaware Members:**

<http://ben.omb.delaware.gov/medical/bcbs>

- If a Dependent Coordination of Benefits form is not submitted to the health plan carrier by May 28, 2014, the carrier will continue to process coverage in accordance with the Adult Dependent Coordination of Benefits form submitted during the 2013 Open Enrollment period.

During Open Enrollment from May 12, 2014 to May 28, 2014, active State employees can enroll their dependents online through eBenefits. State pensioners should complete the necessary applications to enroll their dependent children and forward to the Pension Office no later than May 28, 2014.

**Healthy Recipe**  
**tuscan**  
bean and swiss chard soup

Takes 30-60 minutes

Makes about 2 quarts/liters, for 6 servings

**INGREDIENTS:**

- Olive oil cooking spray
- 4 large plum tomatoes (about 10 oz/300 g)
- 2 medium carrots, peeled and quartered lengthwise
- 1 medium onion, cut into 8 wedges
- 6 cloves garlic, unpeeled
- 6 cups (1.5 quarts/1.4 liters) Vegetable Stock or defatted low-sodium chicken broth
- 3 stalks Swiss chard or celery, trimmed and thinly sliced
- 3/4 cup (3 oz/90 g) uncooked multi-grain macaroni, such as Barilla
- 1 bay leaf
- 1 teaspoon salt
- 1 15-ounce (450-g) can low-sodium Great Northern or navy beans, rinsed and drained
- Freshly ground black pepper

**PREPARATION:**

1. Preheat the oven to 400° F (220°C). Spray a baking sheet with sides with cooking spray.
2. Slice stem ends off tomatoes and cut tomatoes in half lengthwise. Spread tomato halves, onion wedges, carrots and garlic on the baking sheet. Spray the vegetables with cooking spray. Roast for 30 minutes or until the vegetables are brown in spots and tender, stirring occasionally.
3. Slice carrots into 1/2-inch (1.25-cm) pieces and set aside. Peel garlic cloves and place in a food processor along with tomatoes and onion wedges. Pour 1/2 cup (4 fl oz/120 ml) of the broth onto the baking sheet to loosen any browned bits clinging to sheet; pour this liquid into the processor. Process until roughly pureed, but not smooth. Transfer to a large saucepan.
4. Add the remaining broth, the Swiss chard, macaroni, bay leaf and salt to the saucepan. Bring the soup to a gentle boil over medium heat. Cover, reduce the heat and simmer for 10 minutes. Stir in beans and carrots and cook until heated through, about 3 minutes.
5. Remove the bay leaf. Ladle the soup into bowls, sprinkle with pepper and serve.

**NUTRITIONAL  
INFO  
PER SERVING**

162 Calories  
0.7g Fat  
0.1g Saturated  
fat  
9.0g Protein  
30g  
Carbohydrate  
5.3g Fiber  
451mg Sodium

For more great healthy recipes,  
visit the DelaWELL  
Health Portal at

<https://delawell.alerehealth.com>



**The Fitness Guru Says...**

**Health Tip: Understanding Celiac Disease**

Dear Reader,

Celiac disease is a problem some people have with foods that have gluten. Gluten is a type of protein. It's found in the grains wheat, barley, rye, and triticale (a wheat-rye cross).

When you have celiac disease and you eat food with gluten in it, the gluten triggers an immune response that is not normal. This damages the inside of your small intestine so that it can't do a good job of absorbing nutrients from your food.

It's important to get treatment, because celiac disease can:

- Lead to anemia
- Lead to osteoporosis
- Raise your risk of lymphoma

For more information about Celiac Disease, log on the DelaWELL Health Portal (<https://delawell.alerehealth.com>) and on the top menu under Diseases & Conditions select the "All Conditions" link. Then, select Celiac Disease located under "Related Topics." Here you will find information on:

- The symptoms of celiac disease
- How celiac disease is diagnosed
- What the treatment is for celiac disease
- Understanding what a gluten-free diet is
- How to make an eating plan for celiac disease

*Best of Health!*

*F.G. (a.k.a. Fitness Guru)*